

Hummus "Sandy Snack"

Makes: 10 or 40 Servings

10 Servings

40 Servings

Ingredients	Weight	Measure	Weight	Measure
Chickpeas (canned garbanzo beans), drained, rinsed well		1 - 12.5 oz can		4- 12.5 oz cans
Yogurt, low-fat or fat-free		1 cup		4 cups
Lemon juice		2 Tbsp		1/2 cup
Hot pepper sauce (optional)		3 drops		12 drops
Olive oil		1 1/2 Tbsp		6 Tbsp

Nutrition Information

Nutrients	Amount
Calories	76
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	123 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.
2. Serve as a sandwich spread or have children use it as a dip with whole grain crackers or fresh vegetables, such as carrot or cucumber slices.

Notes

Serving Tips:

This is a great snack with veggies or whole grain chips. It is also a tasty spread on bread with chicken, turkey or vegetables. This dish can be counted as a meat/meat alternate or a fruit/vegetable.

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Delaware Team Nutrition